

Adolescents RESOURCES



TOPIC	TITLE	Language(s)	CONTACT
Alcohol	Alcohol, Drugs and Domestic Violence	English	Health Promotion (619)692-5561
Alcohol, Tobacco and Other Drugs	Alcohol, Tobacco and Other Drugs	English	Health Promotion (619)692-5561
Cocaine/Crack	Cocaine/Crack	English/Spanish	Health Promotion (619)692-5561
Heroin	Heroin	English/Spanish	Health Promotion (619)692-5561
Marijuana	Marijuana	English/Spanish	Health Promotion (619)692-5561
Methamphetamine	Methamphetamine	English/Spanish	Health Promotion (619)692-5561
Services For Adolescents	Directory of Services for Adolescents	English	Health Promotion (619)692-5561
Probation and Drugs	Probationers In Recovery Program	English	Health Promotion (619)692-5561
Domestic Violence	Alcohol, Drugs and Domestic Violence	English	Health Promotion (619)692-5561
Domestic Violence	Alcohol, Other Drugs and Domestic Violence-Local Study	English	Health Promotion (619)692-5561
Economics of Alcohol and Drugs	Economics of Alcohol and Other Drug Use	English	Health Promotion (619)692-5561
Sexually Transmitted Diseases	Sexually Transmitted Diseases (STDs)	English/Spanish	Health Promotion (619)692-5561
HIV Testing Sites	HIV Testing Sites	English	Health Promotion (619)692-5561
STD Clinics	STC Clinics	English/Spanish	Health Promotion (619)692-5561
Chlamydia	Do You Have It	English/Spanish	STD Clinic (619)692-8503
Chlamydia	For Your Teen Patients/ Facts About Chlamydia/Communication Tips	English	STD Clinic (619)692-8503
Health Exam for Teens	Health Exam for Teens	English	Health Promotion (619)692-5561
Testicular Self Exam	Testicular Self Exam	English	Health Promotion (619)692-5561
Breast Self-Exam	BSE	English	Health Promotion (619)692-5561



Development RESOURCES

TOPIC	TITLE	Language(s)	CONTACT
Development By Age	Growing Up Healthy, Birth-20yrs	English/Spanish	Health Promotion (619)692-5561

Immunization RESOURCES

TOPIC	TITLE	Language(s)	CONTACT
Immunization and Lead Test	Baby Shots plus a Test for Lead	English/Spanish	Health Promotion (619)692-5561
Immunization Schedule	Baby Shots Schedule	English/Spanish	Health Promotion (619)692-5561
Pre-Teens	Parents of 5th and 6th Graders:	English/Spanish	Health Promotion (619)692-5561
Adults	Vaccinations for Adults	English	Health Promotion (619)692-5561

Tobacco RESOURCES

TOPIC	TITLE	Language(s)	CONTACT
Cessation Programs	Tobacco Cessation Programs in San Diego County	English/Spanish	Health Promotion (619)692-5561
Patient Communication	5 A's	English	Health Promotion (619)692-5561
Scale of Dependence	Scale of Nicotine Dependence	English	Health Promotion (619)692-5561



Dental Health RESOURCES

TOPIC	TITLE	Language(s)	CONTACT
Baby Bottle Tooth Decay	Keep Your Baby Smiling	English/Spanish	Health Promotion (619)692-5561
Tart/Acidic Foods	Tart: Not So Smart...For Teeth	English/Spanish	Health Promotion (619)692-5561
Food and Dental Health	Food Choices for Healthy Teeth	English/Spanish	Health Promotion (619)692-5561
Caring For Your Teeth	Caring For Your Teeth	English/Spanish	Health Promotion (619)692-5561
Brushing/Flossing Instruction	How to Brush/Floss Like Baxter	English/Spanish	Health Promotion (619)692-5561
Sugar	Keep Teeth Si 2/02	English/Spanish	Health Promotion (619)692-5561
Oral Health and Pregnancy	Healthy Teeth+Pregnant Moms=Healthy Babies	English/Spanish	Health Promotion (619)692-5561
Candy and Dental Health	Candy is Dandy...but Tough on Teeth	English/Spanish	Health Promotion (619)692-5561
Safety Gear	Be Smart, Be Safe, Wear Gear	English	Health Promotion (619)692-5561
Snacking	Snacks for Happy Smiles and Healthy Bodies	English/Spanish	Health Promotion (619)692-5561
Snacking	What's In Your Cupboard?	English	Health Promotion (619)692-5561
Dental Facts	Dental Facts you Can't Live Without	English	Health Promotion (619)692-5561
Cavity Equation	How Does A Cavity Form	English/Spanish	Health Promotion (619)692-5561
Dental Health by Age	Good Dental Health	English/Spanish	Health Promotion (619)692-5561
Dental Emergencies	Dental Emergencies	English/Spanish	Health Promotion (619)692-5561
Dental Health Resources in San Diego County	Dental Health Resources in San Diego County	English	Health Promotion (619)692-5561



Infectious Diseases RESOURCES

TOPIC	TITLE	Language(s)	CONTACT
Hand Washing	Hand Washing: A Path to Wellness	English/Spanish	Health Promotion (619)692-5561
General Cleanliness	Being Clean is Part of Being Healthy	English	Health Promotion (619)692-5561
Common Infectious Diseases	Common Infectious Diseases in Preschoolers	English/Spanish	Health Promotion (619)692-5561
Head Lice	In Search of Head Lice	English/Spanish	Health Promotion (619)692-5561
Scabies	Scabies: The Itch that Will Go Away	English/Spanish	Health Promotion (619)692-5561
Viral Meningitis	Viral Meningitis	English/Spanish	Health Promotion (619)692-5561
TB	TB Test	Spanish	Health Promotion (619)692-5561
TB	The Tuberculin Skin Test	English	Health Promotion (619)692-5561
TB	Basic Facts about TB Infection and Active Disease	English	Health Promotion (619)692-5561
TB	TB and BCG Vaccine	English	Health Promotion (619)692-5561
TB	Treating TB Infection with Medicine	English	Health Promotion (619)692-5561
Hepatitis A	Hepatitis A	English/Spanish	Health Promotion (619)692-5561
Hepatitis B	Hepatitis B	English/Spanish	Health Promotion (619)692-5561
Hepatitis C	Hepatitis C	English/Spanish	Health Promotion (619)692-5561
HIV/AIDS	The Basic Facts	English	Health Promotion (619)692-5561
HIV/AIDS	Children and Child Care	English	Health Promotion (619)692-5561
Chlamydia	General Information	English	Health Promotion (619)692-5561
Gonorrhea	General Information	English	Health Promotion (619)692-5561
Genital Herpes	General Information	English	Health Promotion (619)692-5561
Syphilis	General Information	English	Health Promotion (619)692-5561
HIV Testing Sites	HIV Testing Sites	English	Health Promotion (619)692-5561
STD Testing Sites	STD Testing Sites	English/Spanish	Health Promotion (619)692-5561



Maternal and Women's Health RESOURCES

TOPIC	TITLE	Language(s)	CONTACT
Health Insurance for Pregnant Women	Perinatal Care Network	English/Spanish	Health Promotion (619)692-5561
Health Insurance for Pregnant Women	AIM (Access for Infants and Mothers)	English/Spanish	
Pregnancy	Teenage Girls, Women and Pregnancy	English	Health Promotion (619)692-5561
Breastfeeding	All About Breastfeeding	English/Spanish	Health Promotion (619)692-5561
Breastfeeding	San Diego Breastfeeding Coalition	English	Health Promotion (619)692-5561
Nutrition and Pregnancy	Give Your Baby a Healthy Start	English/Spanish	WIC 1-888-WIC WORKS
Cancer	Cancer Facts For Women	English	American Cancer Society 1-8--ACS- 2345
Breast Cancer	Shower Instruction Card	English/Spanish	American Cancer Society 1-8--ACS- 2345
Breast Cancer	Breast Self-Examination	English/Spanish	Health Promotion (619)692-5561
Newborn Screening Test	Newborn Screening Test	English/Spanish/ Vietnamese	Health Promotion (619)692-5561
Pap Test	Why Should I Have A Pap Test	English/Spanish	Health Promotion (619)692-5561
Breast Self-Exam	BSE	English	Health Promotion (619)692-5561



Nutrition RESOURCES

TOPIC	TITLE	Language(s)	CONTACT
Childhood Overweight/Obesity Resources	Resources for Prevention and Treatment of Childhood Overweight	English/Spanish	Health Promotion (619) 692-5561
WIC Information and Locations	WIC Works Wonders	English/Spanish	WIC 1-888-WIC WORKS
Nutrition: Birth to 8 Months	Feeding Your Baby	English/Spanish	WIC 1-888-WIC WORKS
Nutrition: 6-12 Months	Feeding Your Baby	English/Spanish	WIC 1-888-WIC WORKS
Nutrition: 1-3 Years	Food Guide	English	WIC 1-888-WIC WORKS
Nutrition: 1-3 Years	Feeding Your Child	Spanish	WIC 1-888-WIC WORKS
Nutrition: 4-5 Years	Feeding Your 4 to 5 Year Old	English/Spanish	WIC 1-888-WIC WORKS
Nutrition: 4-5 Years	Food Guide	English	WIC 1-888-WIC WORKS
Sample Menus: 8-10 Months	Sample Menus for Older Babies	English/Spanish	WIC 1-888-WIC WORKS
Iron	Iron For Strong Blood	English	WIC 1-888-WIC WORKS
Iron	High Iron Foods For Children	English/Spanish	Health Promotion (619)692-5561
Picky Eaters	Tips for Picky Eaters	English/Spanish	WIC 1-888-WIC WORKS
Food Guide Pyramid	Food Guide Pyramid for Young Children	English/Spanish Vietnamese	Health Promotion (619)692-5561
Meal Planning	Plan for Your Young Child	English	Health Promotion (619)692-5561
Baby Foods	Baby Foods-Help Your Baby Learn to Eat Right	English/Spanish	Health Promotion (619)692-5561

Safety RESOURCES



TOPIC	TITLE	Language(s)	CONTACT
Shaken Baby	Take A Break, Don't Shake	English/Spanish	Health Promotion (619)692-5561
Lead Poisoning	Easy Ways to Keep Your Kids Safe From Lead Poisoning	English/Spanish	Health Promotion (619)692-5561
Lead Poisoning	Resources to Prevent Lead Poisoning	English/Spanish	Health Promotion (619)692-5561
Lead Poisoning	Blood Levels, What Do They Mean?	English/Spanish	Health Promotion (619)692-5561
Lead Poisoning	Home Remedies Can Cause Lead Poisoning	English	Health Promotion (619)692-5561
Lead Poisoning	Easy Ways to Keep Your Kids Safe From Lead Poisoning	English/Spanish	Health Promotion (619)692-5561
Safety by Age	Be Safe, Not Sorry	English/Spanish	California Center for Childhood Injury Prevention (619) 594- 3691
Car Seat/Booster Seat Laws	Car Seats/Booster Seats	English/Spanish	Health Promotion (619)692-5561
Car Safety	Car Safety For Your Child	English/Spanish	Health Promotion (619)692-5561
SIDS	Reduce the Risk of Sudden Infant Death Syndrome	English/Spanish	California SIDS Prg 1- 800-369-SIDS
SIDS	Taking Care of Your Baby	English/Spanish	California SIDS Prg 1- 800-369-SIDS
Poisoning	Emergency Action for Poisoning	English/Spanish	California Poison Control 1-800-876- 4766
Iron Poisoning	Iron Poisoning	English	California Poison Control 1-800-876- 4766



Services and Special Children RESOURCES

TOPIC	TITLE	Language(s)	CONTACT
Child Care Cost	San Diego County Centralized Child Care Eligibility List	English/Spanish	San Diego County 1-800-481-2151
Finding Child Care	Finding Quality Child Care	English/Spanish	YMCA Childcare Resource Line 1-800-481-2151
California Children's Services	Children's Medical Services	English	(619)528-4000
Developmental Disabilities	San Diego Regional Center	English/Spanish	(858)576-2996
Developmental Disabilities	San Diego Regional Center and Early Start	English/Spanish	(858)576-2996
Developmental Disabilities	Early Start	English/Spanish	(858)576-2996
Public Health Nursing	PHN	English	Health Promotion (619)692-5561
CHDP Exams	Are Your Kids Healthy	English/Spanish	Health Promotion (619)692-5561
CHDP Exams	No Cost Health Checkups	English/Spanish/Vietnamese	Health Promotion (619)692-5561
CHDP Foster Care	Health Checkups for Children in Foster Care	English/Spanish	Health Promotion (619)692-5561



Vision and Hearing RESOURCES

TOPIC	TITLE	Language(s)	CONTACT
Vision and Hearing	Vision Checklist/Hearing Checklist	English/Spanish	Health Promotion (619)692-5561

Health Insurance RESOURCES

TOPIC	TITLE	Language(s)	CONTACT
Health Insurance	Your Children Need You to Keep Them Healthy	English/Spanish	Health Promotion (619)692-5561
Health Insurance	Need Affordable Health Care for your Children and Youth?	English/Spanish	Health Promotion (619)692-5561

Website RESOURCES

Safety	www.injurypreventionweb.org
Car seats	www.carseat.org
Poison	www.calpoison.org
Infectious Diseases	www.co.san-diego.ca.us/cnty/cntydepts/health/services/infoandsvcs.html
American Cancer Society	www.cancer.org
Chlamydia	www.umayhaveit.org